Grippe Sufferers Will Appreciate LUDENS MENTHOL CANDY COUGH DROPS Give Quick Relief

GRECIAN TEMPLE

OPPENHEIM. CLLINS & @

34th Street-New York

Will Close Out Wednesday

Women's Hudson Seal Coats

Entire Stock of Fur Sets, Muffs and Scarfs

At Extraordinary Price Reductions

The Smoke of the U.S.A.

That snappy, spirited taste of "Bull" Durham in a cigarette gives you the quick-stepping, head-up-and-chest-out feeling of the live, virile Man in Khaki. He smokes "Bull" Durham for the

sparkle that's in it and the crisp, youthful vigor he gets out of it.

GENUINE

SMOKING TOBACCO

Superior Hudson Seal (Dyed Muskrat), 43 to 47

inches long; some with collars and borders,

others with collars, cuffs and borders of Natu-

ral Skunk. Formerly sold from 175.00 to 225.00

Grecian temple. It also means a clash between Park Commissioner Cabot Ward and the Board of Water

GRECIAN TEMPLE

TO RISE FOR NEW

PUMPING STATION

Board of Water Supply
Changes Plans for One in
Morningside Park.

Vigorous objections which have been made to the pumping station for the Catskill water supply tunnel now being erected in Mormingside Park resulted this afternoon in the passage of a resolution by the Board of Water Supply abandoning elaborate plans that had been made and going back to the original plans of 1810.

This means that the pumping station with the original plans of 1810.

This means that the pumping station of the supply abandoning elaborate plans that had been made and going back to the original plans of 1810.

This means that the pumping station with the pumping station to put the singular plans of 1810.

This means that the pumping station with the pumping station dispute. It also means a Bupply.

Commissioner Ward yesterday wrote to the Board, ordering that the pumping station be stopped and saying that no plans for a permanent structure work was begun. Charles Btrauss, president of the stopped and saying that no plans for a permanent structure work was begun. Charles Btrauss, president of the board, in administering the work of the pumping station dispute, was proceeding under Chapter 724 of the State Laws of 1905. He took the strand that if it came to a final issue in the pumping station dispute, the board could go ahead and erect the structure under the State Laws.

Water Supply

Water Supply

The Catskill water supply tunnel now being erected in Mormingside Park resulted this afternoon in the passage of a resolution by the Board of Water Supply, made it plain after the meeting that the beard, in administering the work of the board, in administering the work of the State Laws of 1905.

Water Supply

Water Supply

Water Supply

Water S

125.00

Diet and Exercise Course For Women to Improve Figure and Gain Weight

LESSON NO. 2-Strengthening Neck, Back and Shoulder Muscles.



Back numbers of these lessons may be obtained by sending a 2-cent stamp to Miss Furlong for each lesson desired. Readers are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World. She does not print correspondents' full names.

By Pauline Furlong.

or cold winds in the face, and, after a time, if proper exercises are not indulged in regularly to offset this condition the result will be an awkward carriage of the head and the throwing of many joints of the spinal column out of their rightful places.

To-DAY'S EXERCISE.

To-DAY'S EXERCISE.

To-DAY'S EXERCISE.

To-DAY'S EXERCISE. or cold winds in

Take your position, face downward, on a soft rug, legs outstretched and arms folded loosely under the chin. Press down on the folded arms and force the neck and head upward, keeping the chin drawn in, and allow the back of the head and waistline to form a slanting line. Do not tilt the head back. Return to the original position, relax and repeat the move-Take your position, face downward, position, relax and repeat the move-

To-day's exercise is to strengthen the muscles at the back of the neck and shoulders and is a valuable one for helping you to keep the head and

the system.

One important thing that I wish to impress on the minds of my thin readers is that if the body's waste is not being properly taken care of, the blood will become so weakened that it cannot perform properly the work of tissue replenishment and renewal. In order to keep the eliminative organs in good working order it is necessary to breathe deeply to supply pure oxygen to the lungs, to purify and enrich the blood; bathe daily to open the pores and cleanse the skin; drink water copiously and exercise drink water copiously and exercise daily to aid the kidneys and bowels to rid the body of the poisons which would otherwise fill the system. Only through such methods can you hope to keep the body healthy and clean and bring it to normal beautiful pro-

LETTERS FROM READERS. 'Fruit-a-tives' advertised, I decided to

DOUBLE CHIN—MRS. W. I. S. try them. Their action was mild, and writes: "I think your course is wonderful and intend to stick closely to it until I attain the results I am working for. I am thirty-three years old. Do you think I am too old to get rid of a double chin? I am five feet six inches tall and weigh 181 pounds. I did lose, but seem to be at a standatill, for some reason, now. Please tell me what I should weigh and measure."

The double chin can always be reduced, but you must work hard to reduced, but you must work hard to reduced, but you must work hard to re-

The double chin can always be reduced, but you must work hard to restore the sagging jaw muscles. If you are not losing weight steadily you are not following the diet and exercises closely. You should weigh about 140 or 145; fore arm. 10; upper arm, 11.1; neck, 13.5; chest, 35.6; bust, 37.6; waist, 25.7; hips, 88.8; thighs, 23; calf, 14.2; ankie, 8.4.

writes: "I have been following your course with Mrs. St. James, and also writes: "I have been following your course with Mrs. St. James, and also your recent one, with great interest, I would like to know if my measurements are recorrect and am herewith submitting same. I am twenty-two years old and weigh 155 pounds. I am five feet three inches tall. I have not been wearing a corset for the last two years and would like to know if you think it necessary for one of my build to wear one? I feel very uncomfortable in one and would like to go without it if you think it advisable."

You are easily thirty pounds or more too heavy and most of your measurements are too large for your height. At your age, with the tendency to obesity so strong, I would advise a strenuous course in exercises and strict obesity diet for many months to overcome it while the muscles are supple, as they naturally are in youth. The corset is never really advised as a necessity, but the proper fitting one would certainly help to

Another mat exercise is illustrated to-day and it is one of the many different varities which I will show for strengthening and developing the neck, shoulders and chest. Many women acquire the habit of holding the head forward, either from the glaring sunlight or cold winds in

ment not more than eight times.

The movement should not be felt writes: "What do you mean by the further down than the shoulder the bust?" Send self-addressed and stamped envelope for personal reply. blades and the chest should not leave

NEW ORLEANS ENTRIES.

for helping you to keep the head and chest held well up. Weakness of the neck and upper shoulder muscles often causes flat chest and protruding shoulder blades.

Improper carriage of the head affects the entire carriage of the whole body, because it throws out of rightful position the joints of the rest of the spinal column by forcing a curving forward of the vertebrae of the neck.

TO-DAY'S MENU.

Breakfast—Grapefruit, soft boiled eggs, graham bread and butter, cocoa, Luncheon—Croam of chicken soup, stewed prunes with cream, whole wheat bread and butter.

Dinner—Roast lamb with green peas, mashed potatoes, apple and celery salad with mayonnaise, cup custard.

HEALTH AND DEVELOPMENT

FIFTH RACE—The troppeds Purse, two-year-olds and up. Stevens—Altration, F. J.

La., Feb. 8.—The entries for to-mor-row's races are as follows:

PHRST RACE—The tropped Purse, two-year-olds; three she and such all furious.—"These theaves—Altration, F. J.

Bultman, Mrs. Blanck Woodcock, Geo. C. Leve, 111; Chest Heaves—Altration, F. J.

Second Race—The Heaves—Altration, F. J.

The Hell Race—The Heaves—Altration, F. J.

Second Race—The Heaves—Altration, F. J.

The Hell Race—The Heaves FAIR GROUNDS, NEW ORLEANS,

HEALTH AND DEVELOPMENT
AIDS.

A glass of very hot water, or even cold water if the hot water is distasteful to you, should be taken each day a half bour before breakfast. This cleanses the mucus from the lining of the stomach and stimulates the system.

One mile and seventy wards — Miss Kruter, 108; Jesse Louise, 110; Col. Aslemente, 111; Broomstate 113; Collinet, 115; Size on mile and a stireenth — Twinght, 104; Bloode, 104; Cliffstream, 107; Diad, 107; Nords, 104; Cliffstream, 107; Diad, 107; Nords, 104; Cliffstream, 107; Diad, 107; Nords, 104; Apprentice allowance claimed, Track fast.

WAS KILLING HIM Until He Used "Fruit-a-tives" The Great Kidney Remedy

"About two years ago I found my health in a very bad state. My kidneys were not doing their work and I was all run down in condition. Having seen DOUBLE CHIN-MRS. W. J. S. try them. Their action was mild, and

At dealers or from Fruit-a-tives If Limited, Ogdensburg, New York .- Advt

ABOUT CORSETS-MRS. ED X. S. It's Dr. Edwards' Olive Tablets For You!

FORTY WINKS ON LIFE JOB LOSES \$25,000 LAW SUIT

S. Stillman, Neglected Furnace and Spurned Time Clocks.

Twenty dollars with which to reimburse himself for a watchman's not shiver the job might have been uniform he bought was all William J. his for life. McCay, former aqueduct policeman, Vice President of the National City found McCay asleep.

An unusual value

is the Columbia Gra-

fonola "Leader" at

\$75. The same model

also comes with an

unusually convenient record filing device.

Price \$85.

McCay claimed that after be had resigned from the Aqueduct force he was employed by Mrs. Stillman at her country estate, adjoining John D. Rockefeller's place at Pocantico Hills. Watchman, Who Sued Mrs. James and that he understood the job was to be for life. His understanding was wrong, Mrs. Stillman testified. Had he cared for the wants of the furnace so the Stillman kiddles would

But one morning Mrs. Grace Mur son, Secretary to Mrs. Stillman, fel got to-day from a jury which has the house growing warmer, and when Mrs. James A. Stillman, wife of the sible she went into the basement and

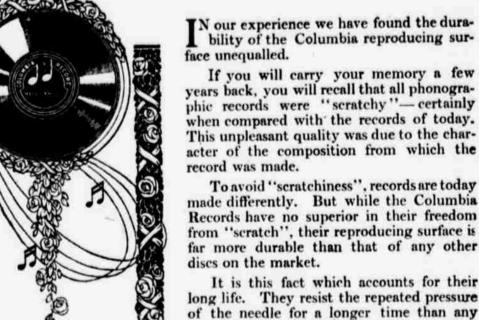
Another thing which helped along drugs.

McCay's discharge, Mrs. Munson to tified, was his failure to punch the truth-telling time clocks.



Best for Colds, throat and been trying his \$25,000 suit against it became so hot sleeping was impos- lungs. Builds you up. No Alcohol or dangerous

hat makes Columbia Records so durable?



other records with which we are familiar. Next subject in this paper - "Popular Music produced at the crest of its popularity."

FIVE REASONS FIVE REASONS

why you should buy Columbia Records

Greatest durability of reproducing surface. Quickest produc-

III Distinct superiority of instrumental

Moderate-priced op-eratic records by ac-knowledged leaders.

Price: 65c for teninch double - disc; \$1.00 for twelve-inch \$3.00 for double

why you should buy them at Aeolian Hall

Largest demonstrat-ing rooms — second to none in quiet and comfort.

Salespeople whose musical education is not confined to store experience.

III Arrangements may records on 48 hours

approval. IV Periodical submission of records on approval — delivered to your home.

V The convenience of a charge account.

THE AEOLIAN COMPANY

29 WEST 42ND STREET NEW YORK Makers of the Acolian-Vocation and the famous Pianole -largest manufacturers of musical instruments in the world

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STOP Gray Hairs!

WHEN the first gray streaks appear it is time to use Mary T. Goldman's Hair Color Restorer. Simple and easy to use. Leaves the hair clean and fluffy and natural looking. Does not change the original color and does not wash off.

Because this wonderful restorer has been so marvelously successful. it is widely imitated, so to be safe and sure, for the years to come, see that the bottle you buy shows the name plainly on the label. There is only one Mary T. Goldman's Hair Color Restorer. You are taking a risk if you let anyone talk you into buying an imitation.

FREE TRIAL!

you can easily test it on one lock of hair. Watch how it comes back to original color in a few days and then when you see this for yourself, the clever imitator will fail to palm off a substitute on you.

that the rest of your hair can be letter.

Let me send you a trial pack- restored as perfectly as this one age free, with a special comb so lock, get a full size bottle, price \$1.00 at your druggist's or direct

Please write today for free bottle and be sure to tell me if your hair was black, dark brown, medium brown, or light brown. Then when this test has proven Better still, send a lock in your



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Goldman Building

St. Paul, Minnesota



For the last word in wholesome, healthful smoking enjoyment "roll your own' with "Bull" Durham. FREE An Illustrated Booklet, showing correct way to "Roll Your Own" Ggarettee, and a package of cigarette papers, will both be mailed, free, to any address in U. S. on request. Ad-dress "Bull" Durham, Durham,

